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Pulses 2.0

Guest Editors:

Prof. Dr. Marcello Iriti

Department of Biomedical,
Surgical and Dental Sciences,
Università degli Studi di Milano,
20133 Milan, Italy

Prof. Dr. Fabio Stagnari

Agronomy and Crop Sciences
Research and Education Center,
University of Teramo, Teramo,
Italy

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Message from the Guest Editors

Pulses are a protein source with a low footprint, in both carbon and water, thus improving sustainable food production and indirectly reducing greenhouse gas emission. In nutrition, pulses are part of a healthy, balanced diet and have been shown to have an important role in preventing chronic-degenerative diseases, such as certain types of cancer, diabetes and heart disease. Therefore, they can be fully considered a 'superfood', source of protein, dietary fibre, minerals, vitamins, and bioactive phytochemicals, with low glycaemic index, gluten-free and zero cholesterol. Importantly, legumes are model organisms in botany and plant molecular biology, such as, for instance, *Lotus* and *Medicago*, used to study the symbiosis responsible for nitrogen fixation.



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Special Issue



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Editor-in-Chief

Prof. Dr. Maurizio Battino

Department of
Odontostomatologic and
Specialized Clinical Sciences,
Sez-Biochimica, Faculty of
Medicine, Università Politecnica
delle Marche, Via Ranieri 65,
60100 Ancona, Italy

Message from the Editor-in-Chief

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*International Journal of Molecular
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MDPI, Grosspeteranlage 5
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